

NEGATIVE IONS

What are negative ions?

Negative ions occur naturally in the air and are produced by lightning, ocean surf and waterfalls. There are also electrical devices called 'air ionizers' that produce negative air ions. Such air ionizers have been used in the treatment of seasonal winter depression (SAD).

Technically, negative ions are atoms or molecules of oxygen (or carbon dioxide) in the air that have gained an electron.

Negatively charged molecules of air, or negative ions, promote a sense of well-being for people. Remember that feeling you've experienced near a waterfall or high in the mountains? Those are two places that thousands of negative ions occur. They create an effect on human biochemistry.

Health Benefits of Negative Ions

The astounding degree to which negative ions can contribute to good health is becoming increasingly apparent, as extensive research on the subject suggests. Negative ions are in the air that we breathe as well as in our bodies. They neutralize free radicals, revitalize cell metabolism and enhance immune function. In addition, they purify the blood and balance the autonomic nervous system, promoting deep sleep and healthy digestion. Negative ions also protect the body and mind from the harmful effects of environmental stressors such as electromagnetic fields. See below for more on the amazing healing properties of negative ions. In order to ensure our health and well being, it is crucial that we surround ourselves with a sufficient amount of negative ions. In addition to wearing Ionic Balance Bracelets, which produce negative ions and may elevate their levels in our bodies, eating clean, healthy, alkaline-producing foods can also increase our negative ion levels.

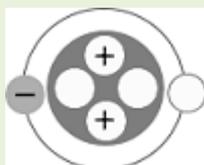
INFORMATION ABOUT NEGATIVE IONS AND FAR INFRA RED

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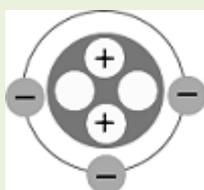
Ancient peoples recognized that the air is "electric," so to speak, but it is thought that the formal study of ions did not begin until fairly recently.

In 1899, two German scientists, Elster and Geitel, discovered that there are particles in the atmosphere that carry electricity. These particles were later named "air ions" by the British scientist Faraday. The word "ion" was taken from the Greek language, in which it means to "go" or "wander about."

Ions are invisible particles, either molecules or atoms, which bear an electric charge. Atoms, for instance, consist of an atomic nucleus that contains neutral neutrons and positively charged protons, as well as orbiting electrons that are negatively charged. When an atom is in a neutral condition, the number of protons (+) and electrons (-) is equal. When the number of protons and electrons is not the same, the particle becomes an ion that is either positively or negatively charged. Generally speaking, positive ions are harmful to the human body, while negative ions are beneficial.



Positive Ion: an atom (or molecule) that has lost one or more electrons due to a high-energy impact. Natural forces that generate positive ions include the decay of radioactive minerals, radon gas, forest fires, lightning and ultraviolet rays.



Negative Ion: an atom (or molecule) that has gained one or more extra negatively charged electrons. Negative ions are naturally generated by evaporating water.

Electrons are highly sensitive to shock, impact, electric current and atmospheric change. Air pressure or heat, for instance, can cause electrons to escape from atoms and dissipate, increasing the number of positive ions in the air. As mentioned above, the balance of negative and positive ions in the air is easily disturbed.

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A good example of this can be seen in the changes in ion levels associated with storm activity. Several hours before a thunderstorm, for instance, low atmospheric pressure causes the number of positive ions in the air to increase dramatically, to levels that sometimes exceed 5000 ions per cm³.

In contrast, during a storm, negative ions increase to several thousand per cm³ while positive ions decrease, often to below 500 per cm³. (You can detect similarly high negative ion concentrations near waterfalls - see the chart below.)

In our daily lives, as well, we can directly experience the electricity of ions in the air in the form of static electricity - especially in winter, when the air is dry. Static is caused by a high ratio of positive to negative ions because of a lack of moisture in the air.

FAR INFRARED

Far Infrared Ray are waves of energy, totally invisible to the naked eye, capable of penetrating deep into the human body, where they gently elevate the body's surface temperature and activate major bodily functions.

Benefits:

- Far Infrared expands capillaries which stimulates increased blood flow, regeneration, circulation and oxygenation.
- Far Infrared is excellent for detox. Scientists in Japan report that in the FIR treatment of clogged capillary vessels, heat expands the capillaries and then initiates the start of a process to dissolve hidden toxins. Far Infrared thereby promotes elimination of fats, chemicals and toxins from the blood: Poisons, carcinogenic heavy metals - toxic substances from food processing - lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue - excess sodium associated with hypertension - and uric acid which causes pain. Furthermore, if sebaceous glands are activated, accumulated cosmetics in pores can be eliminated through the skin (sweat and oil glands) rather than by the kidneys.

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- Far Infrared stimulates enzyme activity and metabolism - One hour under the Hotouse improves metabolism. FIR heat aids in breaking down cellulite - trapped water, fat and waste.
- Far Infrared may induce the killing of varied pathogenic (disease causing) bacteria, viruses, fungi and parasites.
- Far Infrared promotes rebuilding of injured tissue by having a positive effect on the fibroblasts (connective tissue cells necessary for the repair of injury). Furthermore, it increases growth of cells, DNA syntheses, and protein synthesis all necessary during tissue repair and regeneration. Excellent for healing burns, scar tissue and skin problems.
- Far Infrared relieves nervous tension and relax autoneuro muscles thereby helping the body make the most of its intended healing abilities. FIR reduces soreness on nerve endings and muscle spasms, as muscle fibers are heated.
- Far Infrared strengthens the Immune System by stimulating increased production of white blood cells (leukocytes) by the bone marrow and killer T-cells by the thymus.
- Far Infrared strengthens the Cardiovascular System by causing heart rate and cardiac output increase, and diastolic blood pressure decrease - Extensive research by NASA in the early 1980's led to the conclusion that far infrared stimulation of cardiovascular function would be the ideal way to maintain cardiovascular conditioning in American astronauts during long space flight.